

This listing of claims will replace all prior versions and listings of claims in the application:

**Listing of Claims:**

1. (Currently amended) A pelvic muscle exercise device adapted to be received within a vaginal canal, for use by a patient, wherein said device comprises:
  - an elongate shaft having a forward end and a rearward end;
  - a pressure sensitive element associated with said shaft, said pressure sensitive element comprising a device that is sensitive [responsive] to pressure applied to the exterior of the pelvic muscle exercise device; and
  - a feedback element for providing feedback to the patient responsive to a predetermined threshold of said pressure sensitive element.
2. (Previously presented) The pelvic muscle exercise device according to claim 1 further comprising a withdrawal device connected to said rearward end of said shaft.
3. (Previously presented) The pelvic muscle exercise device according to claim 1 further comprising a sleeve holding device positioned on said shaft.
4. (Previously presented) The pelvic muscle exercise device according to claim 1 further comprising a sleeve of resilient, compressible material, said sleeve adapted to be received on at least a portion of said shaft.
5. (Previously presented) The pelvic muscle exercise device according to claim 4 wherein said sleeve is made from an elastomeric material.
6. (Previously presented) The pelvic muscle exercise device according to claim 4 wherein said sleeve is replaceable.

7. (Previously presented) The pelvic muscle exercise device according to claim 4 wherein said sleeve is disposable.
8. (Previously presented) The pelvic muscle exercise device according to claim 1 wherein said feedback is selected from the group consisting of vibration, sound and light.
9. (Previously presented) The pelvic muscle exercise device according to claim 8 wherein said feedback is vibration.
10. (Previously presented) The pelvic muscle exercise device according to claim 5 wherein said feedback element is located outside said vaginal canal.
11. (Currently amended) A method of exercising the muscles of the pelvic floor, the method comprising the steps of:
- placing a sleeve of resilient, compressible material on at least a portion of a shaft of a pelvic muscle exercise device, wherein said shaft has a forward end portion and a rearward end portion;
  - inserting said exercise device into a vaginal canal so that the said exercise device is positioned within the vaginal canal and an outer portion of said sleeve is adjacent to the walls of the vaginal canal;
  - squeezing pelvic muscles to bring said vaginal walls in contact with said sleeve to cause said sleeve to trigger a pressure sensitive element comprising a device that is sensitive [responsive] to external pressure; and
  - providing feedback to a patient from a feedback element responsive to a predetermined threshold of said pressure sensitive element.
12. (Previously presented) The method of claim 11, wherein said sleeve is made from an elastomeric material.

13. (Previously presented) The method of claim 11, wherein said feedback element is associated with said shaft.

14. (Previously presented) The method of claim 11, wherein said feedback element is located outside said vaginal canal.

15. (Previously presented) The method of claim 11 further comprising the step of withdrawing said pelvic muscle exercise device from said vaginal canal using a withdrawal device on said rearward end portion of said shaft.

16. (Previously presented) The method of claim 13, wherein said feedback is vibration.

17. (Previously presented) The method according to claim 11, further comprising the step of changing said sleeve from a more firm sleeve to a more soft sleeve as said patient's pelvic muscles strengthen.